



# Childhood obesity

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# Introduction

# Objectives

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- Discuss Causes & complication of childhood obesity
- Outline Family factors and obesity
- Differentiate between obesity & overweight
- Describe Lifestyle changes to fight childhood obesity



# Causes

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Eating pattern

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Lack of physical activity

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Some medicine

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Genetics & family history

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Learned wrong habits



# Causes

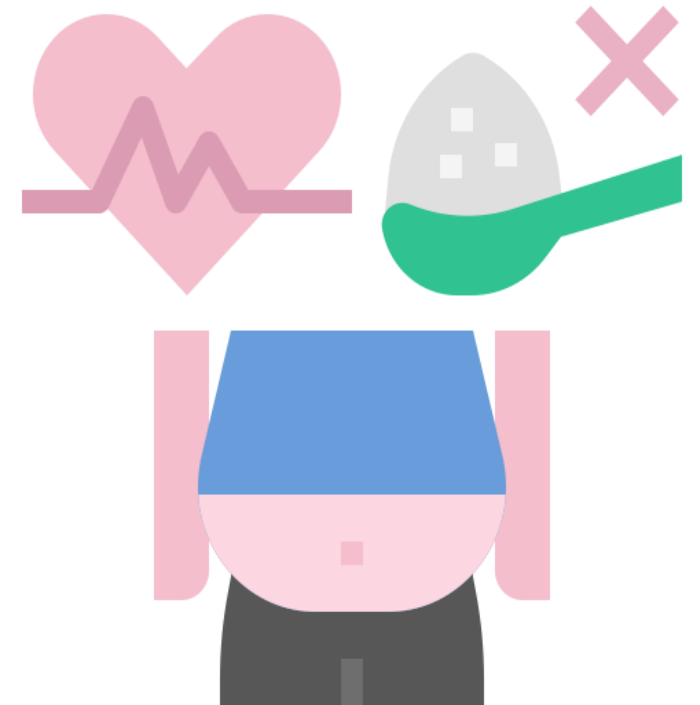
- Obesity is caused by taking energy more than the body need by taking high calories in food and sweetend drinks
- Body weight is maintained by energy intake and energy released



# SYMPTOMS & COMPLICATIONS

As well as health risk there is obesity can cause

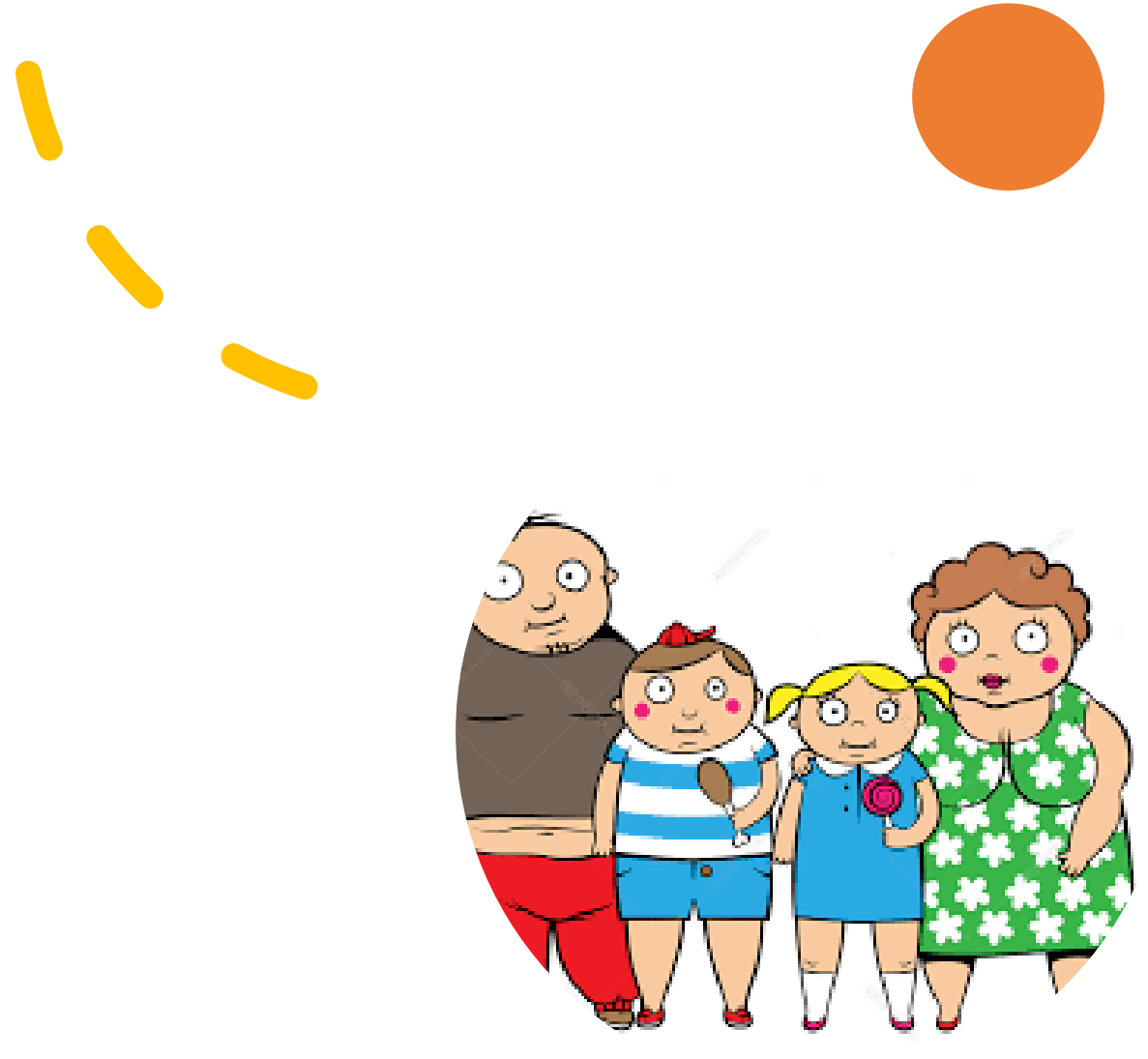
- Breathing disorder
- Coronary heart diseases
- Diabetes (type 2 in children)
- High blood pressure
- Diseases of joints
- increases your risk of getting cancer
- Liver and gall bladder problems



# Family factors and obesity

Parent child  
interaction

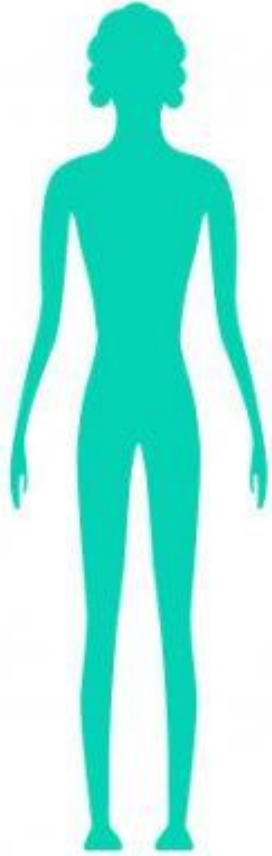
Home  
enviroment



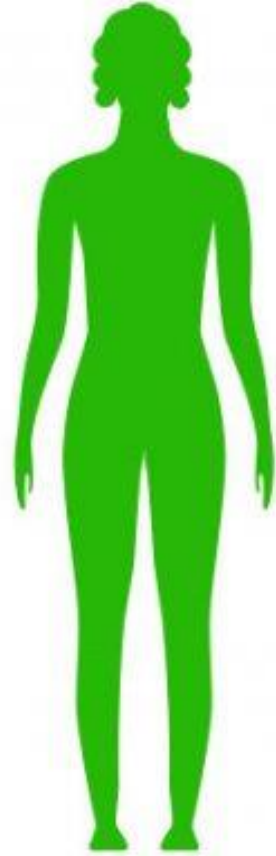
**Differentiate between  
obesity & overweight**

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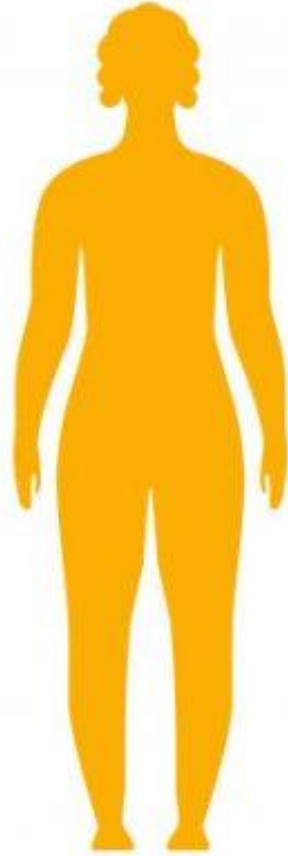




<18,5  
UNDERWEIGHT



18,5-24,9  
NORMAL



25-29,9  
OVERWEIGHT



30-34,9  
OBESE



35<  
EXTREMELY OBESE

# How can childhood obesity be reduced



Most of the world's population live in countries where overweight and obesity kills more people than underweight.

Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016

39 million children under the age of 5 were overweight or obese in 2020.

Obesity is preventable

# How can childhood obesity be reduced

Childhood obesity can be reduced be :

1. Eat the rainbow
2. Move more
3. Eat less sugar
4. Decrease using the screen
5. Sleep well



# REFERENCES

- XU, S. and XUE, Y., 2022. *Pediatric obesity: Causes, symptoms, prevention and treatment*.
- Who.int. 2022. *Obesity and overweight*. [online] Available at: <<https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>> [Accessed 17 May 2022].
- 2022. [online] Available at: <<https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/index.html>> [Accessed 17 May 2022].